

## ABSTRACT OF THE DISCLOSURE

An incremental weight system enables increments of a certain standard weight size to provide selectable resistance. A selector plate having radially-displaced pins correspond to radially-displaced slots in incremental weights. The selector plate is spring biased to engage or be urged toward the incremental weights. The spring biasing may be overcome by manual effort working against the spring to remove a handle's distal end or other locking mechanism from a positioning hole or otherwise. An amount of incremental weight can then be selected with the appropriate pin engaging the corresponding slot in one of the incremental weights. An easy means is then provided by which an incremental weight can be selectively added to selector weight stacks and the like.

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